

Black-Eyed Peas with Turmeric and Pomegranate

Ingredients

1 heaping cup black-eyed peas
2 Tbsp olive oil
1 tsp fresh grated turmeric root or ¼ tsp ground turmeric
1 large shallot, minced
¾ tsp salt
1 tsp soy sauce
2 tsp pomegranate syrup, optional (if not using, double lime juice)
½ cup pomegranate seeds
2-3 Tbsp chopped parsley, chives, or a mixture
Juice of ½ a lime

Directions

If your black-eyed peas are dried, soak them overnight in enough water to cover them by at least 1 inch.

When ready to cook the peas, fill a medium pot with water and bring to a boil. Add drained peas, cover the pot, reduce the heat to low, and simmer until peas are fork-tender, between 45 minutes and 1.5 hours. Cooking time varies drastically and depends on the age of your peas, so check them regularly.

Meanwhile, heat the olive oil in your smallest sauté pan over medium-high heat. Add the turmeric and shallots, and cook for 3-4 minutes, until shallots are soft, fragrant, and browned in spots. Add salt, stir to combine, and remove from the heat.

When peas are soft but still retaining their shape, drain them, transfer them to a bowl, and pour the shallot mixture over the peas, making sure to scrape the sauté pan for all those little bits of turmeric and shallot clinging to the bottom. Stir beans to incorporate, taking care not to smush them too much.

Add soy sauce and pomegranate syrup if using, and toss to combine.

Right before serving, fold in pomegranates, fresh herbs, and lime juice. Serve at room temperature or slightly chilled.

Moroccan Butternut Squash Chick Pea Soup Recipe

Ingredients

- 1 cup dried chick peas, soaked overnight in cold water and rinsed, reserved
- 1/3 olive oil
- 2 large onions, quartered
- 1/4 cup brown sugar
- 1 medium size butternut squash, or 1 medium kabocha squash, about 3 1/2 pounds, seeded and cut in 1" squares
- 3 quarts (12 cups) water
- 2 good pinches saffron
- 2 teaspoons turmeric
- 1 tablespoon ground ginger
- Salt to taste
- 1 tablespoon cinnamon
- 1/2 teaspoon ground cloves
- 1 pinch nutmeg
- Ground pepper to taste

- **Garnish:** 1/2 cup toasted pumpkin seeds, optional.

Instructions

Heat the oil in a wide heavy bottom pan. In a food processor, coarsely grind the onions, and add to the skillet. Reduce the flame to medium, and cook, stirring occasionally, until the onions are very dark. Add brown sugar and cook 2 minutes more, stirring. Add the reserved chick peas and all but last 2 ingredients, and bring to a boil. Reduce to medium low and cook 2 hours.

Cream the soup in batches with an immersion blender. Add the ground pepper, and adjust seasonings and texture.

Top each serving with a sprinkling of pumpkin seeds, if desired.

Makes a good dozen servings

Cabbage, Apple and Pomegranate Slaw with Cumin Dressing

Ingredients

- 1 medium apple, cored and thinly sliced
- 1/3 cup apple cider vinegar
- 4 cups shredded green cabbage
- 4 cups shredded red cabbage
- 1 small red onion, thinly sliced
- 1 large carrot, shredded
- 2 scallions, very thinly sliced
- 2 medium radishes, very thinly sliced
- 1/2 cup extra-virgin olive oil
- 2 tablespoons whole-grain Dijon mustard
- 1 1/2 tablespoons honey
- 1 1/2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup pomegranate seeds
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 1/2 cup lightly toasted shelled pumpkin seeds (pepitas)

Instructions

1. Toss the apples with 1 teaspoon of the vinegar in a large bowl, then add the green and red cabbage, onion, carrot and scallions and toss. Combine the olive oil, remaining vinegar, honey, mustard, cumin, salt and pepper in a jar with a tight-fitting lid and shake until creamy.
2. Pour the dressing over the salad, toss to coat, and let the slaw sit for at least 15 minutes (30 minutes will really mellow the acidity of the vinegar), then toss again with the pomegranate seeds, cilantro, mint and pumpkin seeds before serving.

Check on line under *My Jewish Learning* for more Rosh Hashanah Seder recipes.